

ARMOUR AND COMPANY
CHICAGO

Armour's Star Ham Recipes

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60 WAYS TO SERVE ARMOUR'S STAR HAM



Prepared by DEPARTMENT OF FOOD ECONOMICS
ARMOUR AND COMPANY
CHICAGO

A Finer Flavored Star Ham!

BEFORE YOU TRY A RECIPE IN THIS BOOK
READ THE INTERESTING STORY ABOUT
FIXED • FLAVOR . . . THE NEW "DOUBLE-F"
PROCESS THAT MAKES ARMOUR'S "STAR"
HAM EVEN BETTER THAN BEFORE.

*G*OOD as ARMOUR'S "STAR" Ham always has been, the new method of curing and smoking—"double-F" process—makes it better. Your first trial of this new ARMOUR'S "STAR" Ham with Fixed • Flavor will reveal an exceptional flavor delight, the enjoyment of which will increase with each succeeding use of this finer tasting ham.

Fixed • Flavor starts with the fresh ham itself—a strict method of selection and rejection that permits only the finest hams to bear the "STAR" label. And then comes the improved Armour curing and smoking processes with their automatic control of time and temperature beyond all possibility of human error.

Tests Have Proved Fixed • Flavor Superior

We have tried the new "STAR" Ham with Fixed • Flavor on our own family of 60,000 people. They were amazed at the new goodness of flavor. Then we consulted food specialists who write for the great magazines and newspapers you read. Again, hearty applause for Fixed • Flavor. Finally, we went to the greatest arbiter of them all—the American home-maker. Not just a few, but representative groups all over

the country. The evidence was overwhelming. It was unanimously agreed that the new "STAR" Ham with Fixed • Flavor was the best ever.

When you cook this new "STAR" Ham, according to directions, observe how juicy, sweet and tender the meat is . . . how mild and delicious. What's more, when you use cooked "STAR" Ham in any of the leftover dishes you will be delighted to see how the flavor and tenderness are still outstanding. Leftover dishes, by the way, are where ordinary ham loses its identity. But not "STAR" Ham with Fixed • Flavor. You will find that the exceptional "STAR" flavor persists to the last tender morsel.

The more often you use "STAR" Ham with Fixed • Flavor in these recipes the more you will depend upon this delicious meat. For "STAR" Ham is an energy food—inviting and appropriate the year 'round, it may be served at any meal —outdoors or inside. It combines with any vegetable or relish. Above all, "STAR" Ham is easy to prepare and economical to use. Every part is usable. The butt may be baked, the slices broiled, the shank cooked, even the bone can be used for the most delicious soup you ever tasted.

Armour and Company knows you are going to value this book. For, in addition to helping you in the preparation of delicious dinners, it actually will help you save money because the purchase of a whole or half "STAR" Ham is a decided economy.

You can buy the new ARMOUR'S "STAR" Ham with Fixed • Flavor at all good dealers. Look for the name on the wrapper—the brand on the rind.



60 Ways to Serve



Star Ham Cooked in Water

- 1** Scrub a ten to twelve-pound "Star" Ham with a stiff brush and place in deep kettle. Cover with warm water. Bring water to simmering point (180° F.), just below boiling, and cook allowing 25 minutes to the pound. Cool in water in which cooked. Serve hot or cold.

TOTAL TIME: 4 HOURS. SERVES 18 TO 20.

Pressure Cooked Star Ham

- 2** Prepare ham as for simmering, place in pressure cooker, butt end up. Add 3 quarts water (if large cooker is used). Bring heat up to 240° F. and 10 pounds pressure. Allow 12 minutes for each pound counting from time desired pressure is reached and maintained. When cooking period is finished, let ham cool in cooker. The dial should be at zero before petcock is opened to let out the remaining steam.

TOTAL TIME FOR 10-LB. "STAR" HAM: 2 HOURS. SERVES 18 TO 20.

Stuffed Baked Star Ham

- 3** Prepare "Star" Ham as for "Star" Ham Cooked in Water. Make incision on fleshy side of ham and carefully remove the bone. Fill cavity with any favorite dressing. Sew up slit and tie ham firmly in a piece of cheese cloth. Then follow directions for Spiced Baked "Star" Ham omitting apples if desired.

TOTAL TIME: 5 HOURS FOR 10 TO 12-LB. "STAR" HAM. SERVES 16 TO 18.

Armour's Star Ham

Baked Star Ham in Cider

Wash and dry a 10-lb. "Star" Ham. Over the fleshy side sprinkle $\frac{1}{2}$ teaspoon ground cloves, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon ginger, 1 teaspoon mustard, and $\frac{1}{2}$ teaspoon paprika. Cover the ham with a thick flour water paste. Place skin side down in baking pan and fill $\frac{3}{4}$ full with cider. Bake 3 hours in a slow oven (300° F.). Remove the paste and rind. Bake fat side up for another hour, baste frequently. Brush fat surface with beaten egg and sprinkle with the following mixture: $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup fine bread crumbs and 3 tablespoons minced parsley. Continue baking for $\frac{1}{2}$ hour. Make gravy from cider in pan.

TOTAL TIME: 5 HOURS. SERVES 16 TO 18.

4

Virginia Star Ham

Cover a 10-pound "Star" Ham with water, add 3 carrots, 2 onions, a stalk of celery, 6 cloves, a blade of mace, and 1 tablespoon dark molasses. Let come to a boil, then simmer for 3 hours; cool in the liquid. When cold remove the rind, cut ham into slices and serve cold.

TOTAL TIME: 4 HOURS. SERVES 16 TO 18.

5

Spiced Baked Star Ham

12-lb. "Star" Ham
1 teaspoon mustard
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ teaspoon paprika

$\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup water (in which ham was cooked)
6 red apples
Whole cloves

Plunge "Star" Ham into water, boil ten minutes, reduce heat, and simmer two hours. Remove rind. Sprinkle the fat surface with the mustard and paprika. Pour over the vinegar and water mixed and bake in a slow oven (300° F.) for 1 hour. Baste frequently. Sprinkle fat surface with the brown sugar, dot with whole cloves. Place the washed and cored red apples around the ham; continue baking without basting for 1 hour.

TOTAL TIME: 5 HOURS. SERVES 16 TO 18.

6

Star Ham Butt Baked with Prunes

4 lbs. "Star" Ham Butt
 $\frac{3}{4}$ cup brown sugar

Whole cloves

1 lb. prunes, soaked then
cooked 10 minutes

Simmer butt $1\frac{1}{2}$ hours. Remove rind. Cover ham with brown sugar. Stick with whole cloves. Pour over prunes and juice; bake 1 hour in a moderate oven (350° F.) basting frequently. Serve with prunes.

TOTAL TIME: 2 1/2 HOURS. SERVES 6.

7

60 Ways to Serve



Braised Star Ham Butt

- 8 Cook "Star" Ham Butt in boiling water to cover, allowing about 20 minutes for each pound. Take up ham, drain, remove rind and put butt into baking dish. Pour a pint bottle of tart grape or pineapple juice over the ham and bake in a moderate oven (350° F.) until sauce is much reduced, basting frequently. Add a little ham stock to the sauce, thicken with browned flour, season and strain sauce over ham. Serve immediately.

TOTAL TIME: 2½ HOURS SERVES 6

Star Ham Butt Baked

- 9 Simmer a "Star" Ham Butt in water to cover, allowing 20 minutes to the pound. Let cool in water. Make 1 quart of apple sauce, add 1 cup brown sugar and $\frac{1}{2}$ teaspoon ground clove. Remove rind from butt and place in baking dish. Cover fat surface of butt with the thick apple sauce. Bake in a moderate oven (350° F.) for 45 minutes. Serve hot or cold.

TOTAL TIME: 2½ HOURS (4-lb. "Star" Butt). SERVES 6.

Star Ham Butt Boiled in Cider

- 10 Put "Star" Ham Butt into a kettle and enough cider to cover. Add 6 cloves, 3 whole peppers, 1 bay leaf and a small piece of garlic. Cook slowly for two hours, or until done. Serve hot or cold. Garnish with olives and parsley.

TOTAL TIME: 2 HOURS SERVES 6.

Armour's Star Ham

Baked Star Ham Butt and Peppers

Cook a "Star" Ham Butt allowing fifteen minutes to the pound. Remove the rind and rub the fat surface well with 2 tablespoons sugar, 2 teaspoons powdered clove, and 1 teaspoon mustard. Grind 4 sweet green peppers. Place ham butt in baking dish, cover fat surface with the peppers, add 2 cups ham broth, cover roaster and bake in a 325° F. or moderate oven, allowing 12 minutes to the pound. Baste occasionally.

TOTAL TIME (4-lb. "Star" Butt): 2½ HOURS. SERVES 6.

11

Mexican Star Ham

Cover "Star" Ham Butt with water; add $\frac{1}{2}$ cup brown sugar mixed with 1 tablespoon chili powder. Then add a well bruised clove of garlic. Simmer, allowing 25 minutes to the pound. Place in baking dish, remove the rind and sprinkle the fat with brown sugar. Bake until brown.

TOTAL TIME: 2½ HOURS. SERVES 6.

12

Star Ham Duck

1 slice "Star" Ham, 3½ inch thick	$\frac{1}{2}$ teaspoon sage
4 slices stale bread	$\frac{1}{4}$ teaspoon salt
3 stalks celery, chopped	$\frac{1}{4}$ teaspoon pepper
1 tablespoon ham drippings	1 small tart apple

Make dressing with above ingredients. Spread on the ham slice and roll. Fasten with skewers or tie with string. Dust the ham duck with flour, dot with drippings and place in a roasting pan or casserole. Bake in a moderate oven (350° F.) for 1 hour. Add 1 cup water or fruit juice to the pan and baste the duck frequently.

TOTAL TIME: 1½ HOURS. SERVES 4 TO 6.

13

Star Ham Slice with Orange

1-lb. slice "Star" Ham	2 oranges
1 pint milk	$\frac{1}{2}$ cup brown sugar

Place "Star" Ham slice in baking dish. Cover with thin slices of orange, each stuck with a clove. Cover with brown sugar. Pour over milk and bake in a moderate oven (350° F.) for 1 hour. Baste often.

TOTAL TIME: 1 HOUR. SERVES 4.

14

Breaded Star Ham

Dip thin slices of uncooked "Star" Ham in beaten egg, roll in crumbs and sauté in drippings or broil until a golden brown.

15

60 Ways to Serve



Broiled Star Ham Slice

16

Score fat on edge of ham, put in hot frying pan or under broiler; sear quickly; turn and brown other side. Lower heat; cook slowly until done.

TOTAL TIME: 10 MINUTES. SERVES 4.

Baked Lima Beans with Star Ham

17

Soak limas over night in cold water. Drain, cook in boiling salted water for 30 minutes. Drain, place in greased deep baking dish, cover with the slice of ham. Pour over the chili sauce and cover with water in which beans were cooked. Cover dish and bake one hour in a 350° F. oven. Baste the ham frequently. Remove cover fifteen minutes before serving to brown ham slice. Serve garnished with pimiento stuffed olives.

1 slice "Star" Ham, $\frac{1}{4}$ inch thick
1 cup dry lima beans
 $\frac{1}{4}$ cup Veribest Chili Sauce

1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

TOTAL TIME: 1 $\frac{1}{2}$ HOURS. SERVES 6.

Baked Star Ham Slice in Tomato

18

Wipe "Star" Ham slice with damp cloth; place in shallow baking dish; pour 2 cups tomatoes over the ham; then cover with $\frac{1}{4}$ pound Cloverbrook American Cheese cut in thin slices. Bake in a moderate oven (350° F.) $\frac{3}{4}$ to 1 hour. Serve with baked potatoes.

TOTAL TIME: 1 HOUR. SERVES 4 TO 5.

Armour's Star Ham



Star Ham and Eggs Country Style

Cash the fat on the edge of a 12-inch slice of Star Ham in several places. Put into a frying pan and score deeply on both sides. Reduce heat and let ham cook slowly for about ten minutes. Remove ham to hot platter and keep in a warm place until ready to serve.

Break each Cloverblum egg; pour separately in a saucer and slip into the hot ham fat in the frying pan. Cover over low fire and baste with ham fat until white becomes set. Season with salt and pepper. Serve immediately on platter with the ham.

TOTAL TIME: 20 MINUTES. SERVES 4 TO 6.

19

Planked Star Ham Steak Dinner

1 slice Star Ham, 1 inch thick
1 cup flour
1/2 cup red-fried apples, browned
1/2 pound dill green beans

2 cups mashed potatoes
1/2 cup milk
2 tablespoons Cloverblum Butter
2 Cloverbrown Eggs

Score fat around ham. Broil for 5 minutes without turning, basting several times with fruit juice. Then remove to heated plank or oven glass baking pan; broil side down. Add milk, butter and eggs to mashed potatoes. Beat thoroughly. Season to taste and with pastry bag or spoon fill peppers. Arrange on and around ham with apples. Return to oven to heat through and brown ham and potato.

Garnish with watercress or parsley.

20

TOTAL TIME: 30 MINUTES. SERVES 4.

60 Ways to Serve

Baked Star Ham Slice

- 1 slice Star Ham cut $\frac{3}{4}$ inch thick
1/4 cup brown sugar
1/2 teaspoon mustard
Milk to cover Ham
21 Place ham in a casserole dish and cover with brown sugar and mustard. Add enough milk to just cover ham. Bake in moderate oven (350° F.) for 1 hour.
- TOTAL TIME 1 HOUR SERVES 1

Star Ham Mulligan

- 1 Star Ham Shank
3 large ears of corn or No. 1 can
1 pound green beans or No. 1 can
22 Prepare ham shank cover with water and simmer or 3 to 4 hours or until done. If corn beans and corn remove from the cans and add to the ham before end of cooking period. If canned vegetables are used add after serving to be sure they are heated. When ham is the broth will be clear water pose to make gravy. Serve with plain boiled potatoes.
- TOTAL TIME 4 HOURS SERVES 6

Star Ham Delight

- 1 to 2 pounds Star Ham Slice,
 $\frac{3}{4}$ to 1 inch thick
4 slices canned pineapple
12 marshmallows
1/4 cup pineapple juice
23 Place Star Ham slice in baking pan pour over the pineapple juice and bake in a 350° F. oven 4 hours basting with juice. Then remove from the oven. Place the pineapples slices on top of the ham and return to the oven. When cooked & brown place marshmallows on the ham slices and bake until marshmallows melt up and brown. Serve on heated platter. Garnish with green pepper rings and pimento stuffed olives.
- TOTAL TIME 4 HOURS SERVES 6

Star Ham and Scalloped Potatoes

- 1 thick slice Star Ham
4 c. sliced raw potatoes
 $\frac{1}{2}$ c. thin white sauce
Salt and pepper
24 Cut a slice of Star Ham on the thick side and then the right way. Try and sideways until it begins to brown then put into a buttered dish and cover with white sauce and brown in a moderate oven 350° F. for 1 hour. Ham and baked neither red nor brown. Cut pared potatoes into 1 in. slices boil until almost tender and drain. Arrange in the casserole. Lay the slice of ham on top, bake 25 minutes.
- TOTAL TIME 1 1/2 HOURS SERVES 4 TO 5

Armour's Star Ham

-Ham-Shank Dinner

1 Star Ham Shank, 2 $\frac{1}{2}$ lbs
1 lb. fresh green beans

2 tablespoons minced parsley
1/2 cup sliced onion

Prepare Star Ham Shank, cover with water and simmer 1 1/2 hours. Pour off half of the water, add the vegetables and continue cooking slowly 45 minutes. Serve with boiled potatoes.

TOTAL TIME 3 $\frac{1}{2}$ HOURS SERVES 6

25

-Star Ham Loaf

1 lb. uncooked "Star" Ham
(from shank end)
2 lbs. lean pork
 $\frac{3}{4}$ cup milk

1/2 green pepper, minced
1/2 small onion, minced
1/2 cup milk
1/2 teaspoon minced parsley

1 small can tomatoes

Grind meat. Add all ingredients but tomatoes. Mix thoroughly. Pack into greased baking dish. Pour over the tomatoes and bake in a moderate oven 350° F. 1 1/2 hours. Unmold and serve on heated platter. Garnish with slices of hard-cooked eggs and shredded green pepper.

TOTAL TIME 4 HOURS SERVES 6

26

-Star Ham Italian Style

1 Star Ham Shank
1 1/2 package spaghetti (1 1/2 lb.)
2 cups canned tomato juice
1/4 cup chopped mushrooms (ends and stems)

2 tablespoons minced onion
1/2 teaspoon salt
1/2 teaspoon pepper

Cover Star Ham shank with warm water and the ~~water~~ well braised and simmer allowing 1 hour for a 1 1/2 pound shank. One hour near the end add the other ingredients. Remove Star Ham Shank to large platter, surround with the well drained spaghetti, pouring juice over spaghetti.

TOTAL TIME 4 HOURS SERVES 6

27

Star Ham Soup

1 Star Ham Shank
1 pint dried split peas

2 tablespoons flour
2 strips celery

Wash and soak peas overnight. Put meat in a casserole with the ham shank and water, bring to a boil. Add the vegetable slices and simmer at least 3 hours. Rub through a wire sieve. Return to saucepan. Add flour and water paste. Boil. Season to taste. Serve with buttered croutons.

TOTAL TIME 3 HOURS SERVES 4

28

ARMOUR'S STAR HAM

"Ham Is One of the Best Heat and Energy Producing Foods"

*Savory Ham & Celery Forn
Fast & Easy to Make
of New York's
Selects from New York*

"Ham is one of the best heat and energy producing foods containing the most protein of any meat. Ham contains a large amount of carbohydrates which reduce the body's reserves when you are under stress or after working hard. I usually eat ham when I am growing extra muscle."

—Vivian Verner



Baked Ham
with Pineapple

Recipe

Boil a 10 or 12-pound "Star" Ham ten minutes, then simmer 3 hours. Take from water, remove skin from two-thirds of ham, leaving one-third on shank end. Bake slowly at a temperature of 350° F. for one hour, fat side up. Baste with mixture of 1 cup pineapple juice, 1 cup ham butter, and one tablespoon of mustard. Sprinkle brown sugar over fat, dot with cloves, and continue baking without basting until ham is done. Serve with sliced pine apple rings.

Ham	Relish	Potatoes	Vegetable	Salad	Dessert
Smoked Picnic	Tomato Relish	Creamed Potatoes	Creamed Broccoli	Tomato Lettuce	Apricot Brandy Pudding
Ham Crocante	Tomato Relish	Creamed Potatoes	Asparagus	Cucumber Salad	Tomato Salad
Baked Ham Fritters	Sauerkraut Fritters	Julienned Potatoes	String Beans	Vegetable Salad	Apple Pie
Ham Sandwich Serkant	Radicchio	Bacon	Tomato Vegetable Salad	Tomato Lettuce	Apple Pie
Ham Vegetables	Mustard Fritters		Orange Pepper	Creamed Potatoes	
Baked Spiced Ham	Mixed Peppers	Salad	Fried Beans	Ice Lettuce	Creamed Potato Casserole

What To Serve
WITH
Armour's
STAR HAM

Ham	Relish	Potatoes	Vegetable	Salad	Dessert
Braised Ham	Celery	Au Gratin	Baked Sweet	Plum Sundae	Blanc Mange
Ham Duck	Current Jelly	Baked Sweet	Buttered Carrots	Pineapple Sundae	Cottage Pound Orign Sauce
Smoked Ham Loaf	Cheese Slice	Ham Pep	Broccoli Casserole	Ice Salad	Sugar Cookies
Ham Souffle	Stuffed Celery		Horseshoe Beets	Ice Salad	Butter Tarts
Planked Ham Steak Dinner	Green Onions		Scrambled Eggs	Cole Saw	Ham Wimp
Ham Chop Suey	Stewed Cubes	Rice	Creamed Peas	Date Pine Apple	Spinach Cakes

60(1) Cans to Serve

Star Ham Chop Suey

1 lb uncooked Star Ham cut
into cubes
1/2 c. diced scd. celery
8 medium onions sliced lengthwise

1/4 tsp. pepper
2 tbsp. molasses
1/2 tsp. salt
1/2 tsp. pepper

- 20** Melt 4 tabs. spoonfuls fat. Scald Bacon drippings in large kettle and ham and onions cook until onions turn light yellow. Then add molasses and seasoning. Cover with boiling water, simmer for 2 hours, adding more water if necessary. Add celery and continue cooking about 5 minutes. If desired add 1/2 cup chopped canned mushrooms, using the mushroom broth in place of some of the water. Thicken gravy. Serve with steamed rice.

1 1/2 HOURS SERVES 6

Boiled Star Ham with Vegetables

1 tank end Star Ham
5 small potatoes
1 small head cabbage cut in fifths

5 small onions
3 small turnips cut in quarters
3 medium sized carrots, cut in quarters
lengthwise

- 30** Place the ham in a pan of hot water and simmer one hour before adding the vegetables. At the end of the first hour of cooking add the turnips and when these have cooked 15 minutes add the potatoes and cabbage, cook 30 minutes longer. Remove the vegetables carefully so as not to break in pieces and serve on a platter. Arrange the ham in the center of the platter and surround with the vegetables.

TOTAL TIME 1 1/4 HOURS SERVES 5

Star Ham Supper Dish

- 31** Saute the cold baked Star Ham thinly. Cover the bottom of a greased deep baking dish with the slices. Then cover the ham with 2 1/2 lbs. spaghetti in nests, onion and 1/2 cup celery. Cover with 1 can cooked tomatoes and pour 2 cups tomatoes over the whole. Bake in moderate oven (350° F.) for 30 minutes.

1 1/2 HOURS SERVES 4

Star Ham Salad

3 cups diced cooked Star Ham
1 cup crisp lettuce shredded
1 cup chopped sweet pickles
1/2 cup diced celery

1/2 cup diced cucumbers, if desired
1/2 cup mayonnaise dressing
1/2 cup sweet red pepper, chopped

- 32** Toss all ingredients together, moisten with mayonnaise. Serve on crisp lettuce. Garnish with mayonnaise.

TOTAL TIME 15 MINUTES SERVES 6

Armour's Star Ham

Star Ham Loaf

1 can minced Star Ham
1/2 lb. onion
1 sprig parsley
1 Cloverbloom Egg

1/2 teaspoon pepper
1/2 cup sliced bread crumbs
1 tablespoon prepared mustard
1 cup milk or tomato juice

Fry Star Ham onion and parsley through food chopper. Add beaten egg, no other ingredients. Pack into well greased loaf pan and bake 40 minutes in a moderate oven (350° F.). Serve hot or cold.

TOTAL TIME 1 HOUR SERVES 8

33

Hot Star Ham and Cheese Sandwich

Cut bread as for sandwiches. Spread one slice with Cloverbloom Butter, cover with slices "Star" Ham. Cover other with slices of Cloverbloom Cheddar. Press sandwich together, dip into slightly beaten Cloverbloom Egg to which 1/2 tablespoon milk has been added. Saut in Star Ham drippings until golden brown on both sides.

TIME 10 MINUTES

34

Crook Blined Star Ham

1/2 can minced Star Ham
1/2 cup white sauce
1 can minced green beans

3 eggs
3 tablespoons Veribest Chili Sauce

Mix all ingredients together and heat over hot water. Serve on hot slices buttered toast, garnish each serving with a sprig of parsley.

TOTAL TIME 5 MINUTES SERVES 4

35

Star Ham Luncheon Dish

Place round, baked Star Ham in a greased shallow baking dish, cover with sliced pineapple. Pour over some of the gravy from the baked ham just enough to cover bottom of dish. Pile mashed potatoes on top of each pineapple slice and sprinkle with a little paprika. Bake in a moderate oven (350° F.) for 20 minutes.

TOTAL TIME 30 MINUTES

36

Baked Star Ham with Noodles or Macaroni

1 cup cooked Star Ham
1 can cooked macaroni
1/2 cup Veribest Evap. Condensed Milk
3 teaspoons salt and pepper mixed

1/2 cup water
1/2 cup crumbs
1 tablespoon Cloverbloom Butter

Grease a baking dish and alternate layers of cooked chopped ham and cooked noodles or macaroni. Season. Add 1 layer, cover with bread crumbs, dot with butter and brown in a hot oven (400° F.)

TOTAL TIME 30 MINUTES SERVES 6

37

60 Ways to Serve



Creamed Star Ham and Potatoes

35
1 cup finely chopped cooked "Star" Ham $\frac{3}{4}$ cup water
2 cups cooked new potatoes, cut in dice 1 tablespoon minced parsley
1 cup cream or evaporated Butter 1 dash cayenne or green pepper
3 tablespoons flour Salt and pepper to season
 "4 cup Ver best Evaporated Milk

Melt butter add chopped pepper and parsley and cook slowly for 3 to 5 minutes. Stir in the flour then add milk. Cook until thickened and smooth then add ham, seasonings and cold potatoes. Cover and re-heat over hot water or a very slow fire. Sprinkle with chopped parsley and serve very hot.

TOTAL TIME 25 MINUTES. SERVES 5 TO 6.

Jellied Star Ham Louis

36
2 cups finely diced "Star" Ham $\frac{1}{2}$ teaspoon salt
1 tablespoon granulated gelatin $\frac{1}{2}$ cup diced celery
 $\frac{1}{4}$ cup cold water 1 chopped pimento
 $\frac{1}{4}$ cup boiling water $\frac{1}{2}$ cup chopped green pepper
 "4 cup vinegar 2 cans (7 oz. each) French onion
2 and 1/2 cups Overbloom Eggs, 2 cups mayonnaise + 1/2 cup salad dressing
slices

Soak the gelatin in cold water then dissolve in the boiling water. Add vinegar and stir. Cool. When mixture begins to jell mix in all the other ingredients excepting the eggs. Rinse a mold in cold water, arrange the egg slices on bottom and sides, then pour in the ham mixture. Set in cold place until firm. Serve on bed of shredded lettuce.

TOTAL TIME 3 HOURS. SERVES 6

Armour's Star Ham



Baked Stuffed Tomatoes

1 1/2 cups Armour's Star Ham
1/2 cup stale bread crumbs
1/2 small onion, minced
1/4 cup mayonnaise or bacon drippings
1/4 teaspoon salt and pepper
1/4 cup mayonnaise

1/2 cup bacon drippings
1 Cloverbloom Egg beaten
1/4 teaspoon pepper
6 slices Star Bacon
6 nice unripe tomatoes
1/2 teaspoon salt

Remove tops and scoop out centers of tomatoes. Mix ingredients and stuff into tomatoes. Place 1 slice of Star Bacon on each. Place in a shallow baking pan. Cover bottom of pan with boiling water. Bake in a hot oven (400 F) until tomatoes are soft and bacon is crisp.

TOTAL TIME: 45 MINUTES SERVES 6

Creamed Star Ham

1 1/2 cups diced cold cooked Star Ham
1/2 cup mayonnaise

1 1/2 cups thin cream sauce
1/2 cup chopped onions
1/2 teaspoon salt and pepper mixed

Add ham and seasonings to cream sauce. Serve on toast or in party cases.

TOTAL TIME: 15 MINUTES SERVES 6

Denver Sandwich

1/2 c. cold boiled "Star" Ham (chopped)
1 very thin small onion (chopped fine)

1 dill pickle (chopped fine)
1 Cloverbloom Egg (beaten lightly)

Beat all together and try in Armour's Simon Pure Lye Lord Toast. Two slices of bread and better than. Put mixture between slices and trim. Serve with sliced dill pickles for garnish.

TOTAL TIME: 15 MIN. ED. SERVES 1 TO 2.

40

41

42

60 Ways to Serve

Star Ham Canapé

$\frac{3}{4}$ cup minced leftover "Star" Ham
 $\frac{1}{2}$ cup thin beaten egg
 1 teaspoon prepared mustard
 1 small sweet pickle, minced

small sweet pickles, minced
 1 clover bloom Egg Yolk Butter
 8 slices of toast
 Clover bloom Butter

43

Mix the first five ingredients well and spread on rounds of buttered toast. Press the hard cooked egg through a coarse sieve and garnish each canapé with a border of the egg.

TOTAL TIME 15 MINUTES SERVES 8

Star Ham Timbales

$\frac{3}{4}$ cup chopped cooked "Star" Ham
 $\frac{1}{2}$ cup Veribest Evaporated Milk
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ teaspoon onion juice
 4 Clover bloom Eggs
 $\frac{1}{4}$ teaspoon pepper
 4 squares of paper

44

Beat the eggs, add the liquid and seasoning, then the ham. Pour into buttered timbale molds, place in pan of hot water and cover with greased paper. Bake in a moderate oven 35° F until firm and a silver knife stuck into the center of each timbale comes out clean—about 25 minutes.

TOTAL TIME 45 MINUTES MAKES 4 MEDIUM-SIZED TIMBALES

Star Ham à la King

2 cups diced baked "Star" Ham
 $1\frac{1}{2}$ cups water
 $\frac{2}{3}$ cups Veribest Evaporated Milk
 2 tablespoons flour
 1 clover bloom Egg Yolk Butter
 $\frac{1}{2}$ cup pimientos
 1 green pepper

$\frac{1}{2}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon celery salt
 $\frac{1}{4}$ cup mushrooms
 2 Clover bloom Egg yolks
 and green pepper
 $\frac{1}{2}$ cup pimento cubes
 1 green pepper

45

Put water, evaporated milk, egg yolks and seasonings into a sauce pan. Melt fat and then add flour which is added to the liquid when the liquid has reached the simmering point. Add the diced ham, green pepper and mushrooms and lastly the pimientos. Serve on toast.

TOTAL TIME 25 MINUTES SERVES 6 TO 8

Luscious Star Ham Omelet

Beat the white and yolks of four Clover bloom Eggs separately. To the yolks add two teaspoons Clover bloom Butter, a pinch of salt and one cup of boiled "Star" Ham finely chopped. Make a smooth paste of one level tablespoon flour and one-fourth cup of milk and gradually add one-half cup of milk and the well-beaten whites of the eggs. Combine the two mixtures, pour into a hot well-greased skillet and bake in a moderate 35° F oven for 15 minutes.

TOTAL TIME 30 MINUTES SERVES 4

46

Armour's Star Ham



Star Ham au Gratin

2 c. Verbest Evaporated Milk
2 c. water
1 slice onion
1 stalk celery
2 tbsp. flour

1 c. chopped cooked Star Ham
2 tbsp. Cloverbloom Butter
1 Cloverbloom Egg
1 tsp. salt
1/4 tsp. paprika

Heat onion and celery in milk. Melt butter; add flour, mix well and add milk. Cook until creamy. Add egg well beaten, seasonings and ham. Pour into well-buttered baking dish and bake 25 minutes in a moderate oven 350° F.

TOTAL TIME: 40 MINUTES. SERVES 5

47

Star Ham Cutlets

2 c. drained cold cooked Star Ham
1/2 cup onions, sliced

Few grains cayenne
1/2 cup green peppers

Add onions to ham, then add seasonings. Spread on a plate to cool. Shape in the form of cutlets, dip in crumbs, egg, then crumbs again. Fry in deep fat at a temperature of 380° F. for 15 minutes. Drain. Garnish with green leaves.

TOTAL TIME: 40 MINUTES. SERVES 4

48

Luncheon Sandwich

Make patties of mashed potatoes spread with mustard mayonnaise. Cover with a thin red portion of the chopped Star Ham. Top with white sliced cheese. Serve on individual plates with the buttered pita.

TOTAL TIME: 30 MINUTES

49

600 Ways to Serve

Shepherd's Pie

3 1/2 cups mashed potatoes
2 cups + 1/4 lbs diced "Star" Ham
1/2 cup celery

1/4 cup minced onion
1/4 cup water
1 teaspoon flour

50 Combine water and flour and add ham, celery and onion to it. Cook until thoroughly heated. Line a baking dish or casserole with mashed potatoes then add cooked ham mixture and cover with additional mashed potatoes. Bake in a moderate oven 350° F. 30 minutes.

TOTAL TIME 45 MINUTES SERVES 6

"Star" Ham and Cabbage in Casserole

51 Place 1-inch sliced cooked "Star" Ham in casserole, cover with 1/2 head cabbage and pour 2 cups white sauce over all. Bake in a moderate oven (350° F.) for 30 minutes.

TOTAL TIME 40 MINUTES SERVES 6

"Star" Ham Pot Pie

1 lb. or 2 cups cubed cooked "Star" Ham
1 can corn
2 large potatoes diced (cooked)
3/4 cups medium white sauce

1 small onion
1/4 teaspoon mustard
1/4 teaspoon paprika

52 Combine all ingredients. Bake in a casserole for 30 minutes at 400° F. Then cover with baking powder biscuits and bake 15 minutes at 450° F. until biscuits are done.

TOTAL TIME 1 HOUR SERVES 6

"Star" Ham-Stuffed Baked Potatoes

53 Bake 4 medium-sized potatoes for 45 minutes in a hot oven (400° F.). Cut off the top of each potato and remove part of the potato. Mash add equal quantity of chopped "Star" Ham and season with 1/2 teaspoon of mustard for each cup of ham. Retell potato shells and bake in oven for 15 minutes.

TOTAL TIME 1 HOUR SERVES 6

"Star" Ham and Egg Salad

2 cups diced leftover "Star" Ham
3 hard-cooked Cloverloaf Eggs
chopped coarsely

6 sliced sweet pickles
12 chopped pimento stuffed olives
1 cup well-seasoned mayonnaise or
"Crown" dressing

54 Toss the ingredients lightly together and serve in lettuce cups.

TOTAL TIME 20 MINUTES SERVES 4

Armour's Star Ham

Ham & Eggs



Star Ham Hash with Poached Eggs

1 cup Armour Star Ham drippings
2 cups bread crumbs
½ green pepper, minced
½ medium onion, minced

1 large pound Star Ham or rump
1 cup water
¼ teaspoon pepper
½ teaspoon salt

Melt the drippings and sauté the green pepper, onion and celery. Mix with the chopped ham and potatoes, then add the seasoning. Add a little hot water if too dry. Shape into individual molds about 1 inch thick. Sauté in drippings until thoroughly heated and slightly browned. Serve with poached egg on each mold.

TOTAL TIME: 30 MINUTES. SERVES 6.

55

Star Ham Soufflé

2 tablespoons "Star" Ham drippings
1 slice onion
2 tablespoons flour
½ teaspoon paprika

1 cup Veerless Evaporated Milk,
diluted with 1 cup water
2 cups cooked, chopped ham
3 Cuphebloom Eggs
½ cup bread crumbs

Cook chopped onion in drippings, add flour and paprika and stir until well blended. Add 2 cups milk, stir until smooth and heating. Scramble over bread crumbs and ham, beaten well and fold in stiffly beaten egg whites. Bake in buttered baking dish set in a pan of hot water in a slow oven (275° F.) for 45 minutes.

TOTAL TIME: 1 HOUR. SERVES 6.

56

60 Ways to Serve

Star Ham Fritters

1 cup leftover Star Ham	1 Cloverham Egg
½ cup Veribest Evaporated Milk	1 tablespoon Star Ham drippings
½ cup water	½ teaspoon sugar
1½ cups flour	¼ teaspoon salt
3 level teaspoons baking powder	

57

Beat the egg well and add the milk and the drippings and the sifted dry ingredients. Then mix in the ham. Drop from tablespoon in deep fat in Simon Pure Faid heated to 380° F. Turn as soon as batter comes to the surface. Fry each fritter about 2 minutes. Serve on heated sliced pineapples.

TOTAL TIME: 25 MINUTES SERVES 7

Star Ham Croquettes with Asparagus

2 cups boiled rice or mashed potatoes	Salt and pepper to taste
2 cups leftover Star Ham	2 onions, cut in very fine paper-thin slices
3 tablespoons green pepper minced	Bread crumbs
	1 egg plus 1 tablespoon water

58

Combine ingredients and shape into small rolls or pyramids. Roll in crumbs then dip in beaten egg, cover with crumbs again. Fry in deep Simon Pure Faid until golden brown. Serve with asparagus.

TOTAL TIME: 35 MINUTES TEMP: 400° F. SERVES 7

Stuffed Green Peppers

6 green peppers	1½ cup medium white sauce
1 cup minced leftover Star Ham	½ cup bread crumbs
1 cup cooked rice	2 tablespoons Star Ham Drippings
2 tablespoons minced onion	

59

Cut tops from peppers & remove seeds and parboil 5 minutes or until tender. Melt drippings in skillet, add onion and cook until slightly brown, then add the rice, Star Ham and sauce. Fill peppers with mixture, sprinkle tops with crumbs and bake 25 minutes in a hot oven 425° F.

TOTAL TIME: 35 MINUTES SERVES 6

Star Ham Cabbage Roll

2 cups ground leftover Star Ham	1½ teaspoon salt
1 small onion minced	½ teaspoon pepper
1 cup cooked rice	8 small cabbage leaves
2 cups tomato or thin well-seasoned white sauce	

60

Blanch cabbage leaves in boiling water. Mix the ground Star Ham with rice and seasoning. Roll a rounding tablespoonful of the mixture in each cabbage leaf. Secure loose edge of leaf with toothpick. Place rolls in a greased baking dish. Pour over the sauce and bake in a moderate oven 325° F. for 30 minutes. Serve from baking dish garnished with parsley.

TOTAL TIME: 50 MINUTES SERVES 7

Armour's Star Ham

The Importance of U. S. Government Inspection



DO YOU know that only 65 per cent of the meat sold in this country is U. S. Government Inspected?

Yet, it is true, and the fact doubly emphasizes the necessity of insisting that the little government inspection stamp appears on all food products you purchase.

Each of the big Armour Packing Plants is under the daily supervision of a corps of U. S. Government experts. It is their duty to safeguard your food supply—make certain that the Armour foods you obtain through Armour dealers are pure, fresh and of finest quality.

Look for the U. S. Government Inspection stamp. It appears on every Armour food product and is your guarantee of dependable quality—always.

Knowing the positive purity of Armour's foods, you will enjoy these and the many other products bearing the familiar and dependable name "Armour," as well as the U. S. Government Inspection stamp.

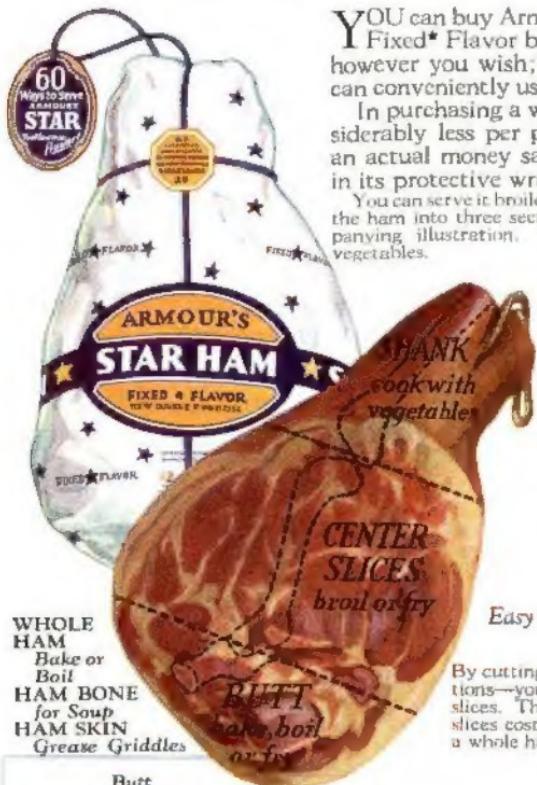
"STAR" HAM
"STAR" BACON
"STAR" SLICED BACON IN CARTONS
"STAR" SUMMER SAUSAGE
"STAR" SALAMI SAUSAGE
"STAR" PURE LARD
(Pails and cartons)
SIMON PURE LEAF LARD
Made from 100% Leaf Fat
(Airtight tins)
VEGETOLE
(Vegetable Shortening in pails and cartons)

VERIBEST CANNED MEATS
VERIBEST PORK AND BEANS
VERIBEST EVAPORATED MILK
VERIBEST PEANUT BUTTER
3X AND NUTOLA OLEOMARGARINE

Also

CLOVERBLOOM BUTTER
CLOVERBLOOM EGGS
CLOVERBLOOM CHEESE
CLOVERBLOOM POULTRY

It Is Economical to Buy a Whole Armour's "STAR" HAM



YOU can buy Armour's "Star" Ham with the Fixed* Flavor by the slice, by the piece, or however you wish; but even the small family can conveniently use a whole "Star" Ham.

In purchasing a whole ham you get it at considerably less per pound; therefore you enjoy an actual money saving. The ham keeps well in its protective wrapping.

You can serve it boiled, baked, fried or baked. Divide the ham into three sections, as indicated in the accompanying illustration. You can boil the shank with vegetables.

Slice the center portion for frying or broiling. You will find these slices make tempting ham steaks, unusually good-looking and especially tasteful; a welcome change now and then for all the family.

Bake the butt for a pleasing main course, or serve it in any of the many other appetizing ways.

Any portion is easily and quickly prepared. Left-over cooked portions may be creamed, or served with cold cuts, attractively garnished. As a sandwich filler it has no equal. Each style of service has its own peculiar charm that assures the saving grace of variety.

Easy to Keep—Easy to Prepare

—Easy to Serve

By cutting a ham on the bias—in three sections—you increase the number of center slices. This is true ECONOMY, for center slices cost twice the pound price asked for a whole ham.

Butt



Bake, Boil or Fry

Center Slices



Broil or Fry

Shank



Cook with Vegetables

Armour's "STAR" Bacon

THE only real rival of "Star" Ham is Armour's "Star" Bacon. In uniform quality it is equally dependable for it has the same famous Fixed* Flavor. The mildness and sweetness of this choicest bacon are distinctive. As a breakfast delicacy, it is admittedly unsurpassed. Wherever finest foods are served—on dining cars, in prominent hotels and elsewhere—it is a familiar item on the menus.

Yet "Star" Bacon is more than a breakfast dish solely. In home cookery it has many uses. A few slices, cooked with the so-called "cheaper cuts of meat," add richness. It has no equal for imparting zest to roast fowl, fish or meat loaf. Bacon sandwiches, fried apple and bacon, and other combination dishes offer tempting variety.

For outing trips, bacon is of course a favorite food. It can be cooked quickly, and it is easily carried—especially, if purchased in cartons.

Proper method in cooking is essential. This is given on Page 8 of "36 Ways to Serve Bacon," our new "Star" Bacon book.

Since bacon is one of the most easily digested fat meats known, it is excellent for growing children. It provides abundantly the energy food they require. You can buy Armour's "Star" Bacon in any form you prefer. It comes in parchment wrapped whole pieces, by the pound, or sliced evenly and ready for use, in pound and half-pound cartons.



Always identify it by the label, to be sure you're getting Armour's "Star."

WRITE FOR "36 WAYS TO SERVE BACON" The New "Star" Bacon Book

THIRTY-SIX tempting recipes that will further your enjoyment of "Star" Bacon are included in our new book, "36 Ways to Serve Bacon." This book contains authoritative information regarding the food value of "Star" Bacon—its place in the child's diet—uses for "Star" Bacon drippings—and ways in which "Star" Bacon can be used to increase the flavor and palatability of potatoes, salads, eggs, and other foods. Send today for your free copy of this helpful book. Address Armour and Company, Dept. 60W, U.S. Yards, Chicago, Illinois for your free copy of "36 Ways to Serve Bacon."



*Be sure
the Ham you buy
bears this tag-*



Easter Greetings

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